

*Ananda
Healing:
Your shortcut
to God!*

SWAMIJI SPEAKS ON HEALING INITIATION

Miracles
are never performed.
They simply
happen.
- Swami Nithyananda



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Paramahansa Sri Nithyananda Swamigal is a truly revolutionary spiritual master of our century.

Swamiji embarked upon his spiritual journey at a very young age. He traversed the length and breadth of India on foot, studying with great masters in India and Nepal and practising intense *tapasya* with extraordinary vigour. He experienced with the final flowering of consciousness on 1st January, 2000 - the sacred day of his Enlightenment. With a pragmatic yet compassionate approach to life and spirituality, and an enlightened insight into the core of human nature, Swamiji has reached out to touch millions of hearts across the world.

Swamiji's mission is simple - to awaken the divinity that lies latent in man. To this end, he inaugurated the worldwide movement for meditation - **Dhyana Peetam** - on 1st January, 2003. With its spiritual nerve centre in Bidadi (near Bangalore) and over 100 centres around the world, Dhyana Peetam works towards the transformation of humanity through the inner transformation of the individual. Swamiji's divine healing powers and simple, practical meditation techniques help you blossom in every sphere of life - be it physical, emotional, intellectual or spiritual.

My beloved ones, _____

It gladdens my heart to watch you take this leap towards spirituality. For it *is* a giant leap!

To be devotee is easy, you may flirt with the divine as you please. Even to participate in the ASP does not require any commitment towards practicing the teachings later. But the decision to be a healer is a promise you make to yourself – a commitment to walk the path of spirituality, whatever the odds, towards the ultimate blossoming of your being. I hope you are aware that you are not here by accident. Only a select few have been chosen by me to be the channels of the Divine. There is a whole world of suffering and pain, waiting for the healing touch. My compassion embraces

them all – but I have only two hands! You, my healers, will be my hands.

To be a healer requires much more than simple faith. As I say, the ASP is like a love affair that you can break anytime you wish. To be a healer is more like marriage – a lifelong commitment!

So be totally aware of what you are entering into. I want this decision to be completely voluntary and well thought out. Just because you have been chosen, it does not mean you have to take the initiation. Can you understand me?

My love and blessings are always with you.

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Why be an Ananda Healer?

You are here to embark upon a spiritual journey. *Seva* or service to the people is incidental; just a positive ‘side-effect’ of your own growth and transformation. So the important question is: *what does being a healer do for you?*

Being a healer transforms you in many ways. Your body, mind and spirit begin to fall in tune with one another. The most obvious ‘side-effect’ of healing is that it helps you orient yourself towards a deeper spirituality and stay centered in your own being. As a direct result of this transformation, you will find yourself blossoming in many ways: you will experience physical well being, lasting peace of mind and a sense of oneness with God. Let’s not talk more about it at this point! This is a process that cannot be understood second-hand; it must be experienced from within.

The technique we use to bring about this transformation is so simple it can't be called a technique at all. *What makes it especially beautiful and unique is that it brings together the equally important aspects of healing and meditation*, so that one can work towards one's own spiritual growth while rendering an important service to society. In fact, here healing happens as a natural by-product of meditation.

How does Ananda Healing happen?

Ananda Healing is not the mysterious process it appears to be! It works on the perfectly scientific premises that Energy is Intelligence. Of course, the energy transmitted during healing is not like an electric current, which is after all only a subtle form of matter, with no intelligence of its own. This is spiritual energy with its own intelligence. It knows where to go and what to do. That's why healing can occur without your active participation, or even your awareness. How else do you explain the fact that you can heal the same *chakra* in exactly the same way for both high BP and low BP – and still achieve the desired result? Many healers are simple housewives or students with no proper knowledge even of the internal anatomy of the human body. Yet they have experienced remarkable success in healing even severe diseases like cancer.

That is the beauty of Divine Energy.

A Promise To Yourself!

Healers' Oaths

Before you take the oaths, please be aware that to become a healer, **participation in at least 2 ASPs is mandatory**, unless exempted by Swamiji.

Oath 1

"I hereby swear that the power given to me by Swamiji will be used for the service of all, both animate and inanimate."

Your first oath is never to refuse healing to anyone or anything in need of it – be they people, animals, plants or inanimate objects. Any personal conflict or difference in ideology should never affect your healing. After all, this healing power is not yours to give or refuse. The power invested in you flows from

a divine source, and the Divine does not distinguish between right and wrong, saint and sinner. Divine mercy is unconditionally available to all who ask.

The healing system I offer you has been created and perfected over the ages by the greatest ancient masters. It is the culmination of centuries of rigorous *tapas*. In fact, the original system developed by *Patanjali* was so sophisticated that it was beyond the comprehension of all but a select few. The great spiritual masters who followed him poured their life into simplifying the system, and made this precious gift of knowledge available to all. In order to cherish this legacy and truly be benefited by it, you must be willing to drop your ego and share this gift with joy and compassion.

The only reason you can have for refusing healing would be if the person is likely to violate your person or property. But please ensure that your personal opinions are not

influencing your decision. Actually, after initiation you will find that this attitude comes upon you naturally. In the presence of this tremendous healing energy, petty considerations like differences in religion, ideology or personal conflicts simply won't count anymore!

For starters, try this exercise: For a moment, close your eyes and imagine that your worst enemy, someone who has really hurt you in the past, has approached you for healing. Can you bring yourself to consent? If you feel certain you can heal him, without hesitation and with humility and love, you are ready to take the next oath.

Oath 2

I hereby swear that I will serve regularly and voluntarily at the healing center, or start a center at home.

This is not an imposition of social service upon you! Understood rightly, healing is simply a process of connecting the intelligence of the patient to the cosmic intelligence, helping them to drop all social conditioning and express their true nature, which is Bliss. *To be an instrument in this process, you need to first drop your own conditioning, your ideas about yourself.* That can only happen when you make an honest commitment to fall in tune with your own spiritual dimension, by working out my teachings in your life. Do an honest check: are you really, totally willing to transform your own life? To become more loving, more gentle and compassionate? Remember, *I don't want you to just spread my word; I want you to practise it.* Unless you can bring about this transformation in your own life, how will you reach out to others?

Oath 3

*I hereby swear that I will follow all the rules
existing at present and updated or amended
in future by Swamiji and Dhyanapectam.*

Apart from taking care not to violate the rules, you also pledge your continuous involvement and commitment to furthering the mission of Dhyanapectam.

Healing Through Bliss

The Ananda Healing Process

Ananda Healing is a very simple process. Just place your palm (or the healing stick) on the affected chakra of your patient. You will instantly feel the energy flowing through your system into the patient's. After a while, say 3–5 minutes, the flow stops automatically and you will feel your hand dropping on its own or being repelled from the patient's body. This means you can stop healing.

Don't be worried, this is not your energy that is being transmitted to the patient. You are now a channel for Divine Energy, which is boundless. In flowing through you, the energy also replenishes you. That's why healing someone else rejuvenates you as well.

Some Do's & Don'ts

- 1) The basic rules you'll need to follow are **vegetarianism** and **abstinence from smoking and alcohol**.
- 2) Practise the *Mahamantra* **meditation** everyday.
- 3) Once a week, try to hold a **group meditation** for healers and others.

If you can dedicate your time and energy, start a **healing center and/or a meditation center** in your area. Having a healing or meditation center in your home purifies the energy of your home, and helps you enter into meditation easily.

No fee is to be collected for healing and meditation at the center. Whoever feels compelled to contribute is free to do so. (Patients are encouraged to contribute, however - because people usually treat any process with more respect if they have paid for it!) Above all, it is significant

and true that *Dharma* (the noble act of giving) takes a load off the patient's *karma*, which has manifested as disease.

To set up a center, you will need

a) A spacious room where you can conduct healing/meditation without disturbing the privacy and activities of your household

b) A kit which includes a big laminated photograph of Swamiji, a board which says 'Dhyanapeetam Healing Research Centre' (both are available at the ashram) and items from the ashram for display and sale. You will be in charge of collecting the proceeds from sales and donations and passing them on to the Bangalore City Centre periodically.

c) An arrangement for appropriate music to be played in the centre at all times

(If you can't set up things very professionally, never mind. It's just the beginning. And after all, the spirit of the

initiative is what really counts!)

4) Attend the **Healers' Meets** whenever they are held in your city.

Healers' Meets are a forum for healers to discuss the running of the centers, share experiences and spend some precious and intimate moments with Swamiji.

A Healers' Meet usually starts with a discourse by Swamiji, followed by the Healers' Pooja, where the healers themselves are worshipped. In Swamiji's words, "You are *my* people, you are the representatives of the Divine. When you are worshipped, people are worshipping the Me in You!"

The most poignant moment of the meet is when Swamiji himself prostrates at the feet of the healers – an eloquent statement about the divinity hidden deep in each of us.

A special meditation practiced only by healers is also performed, followed by Energy Darshan.

Tips for better healing

- 1) The best times for healing are dawn and dusk.
- 2) When you are in an emergency and don't know the cause of the problem, focus the healing on *anahata* (heart) and *mulaadhara* (root) *chakras*.
- 3) When healing skin complaints or other contagious diseases, it is advisable to avoid physical contact with the patient. Use the healing stick instead.
- 4) Wear white clothes and the *mala* and urge your patients to do the same. Apart from creating a tranquil mood, it also makes your patient more receptive to positive energies and protects you from negative energies
- 5) Encourage your patients to cultivate the habits of vegetarianism and abstinence from smoking and alcohol. Also encourage them to be more spiritual in their daily lives.
- 6) Meditating on the healing *yantra* will be beneficial.

7) Don't force your patient to have faith in the healing process! Healing will work equally well whether or not the patient is convinced of it. All that he/she has to do is to keep an open mind and feel a sincere desire to get well.

8) Ananda Healing has no negative side-effects or after-effects. THIS IS A 100% GUARANTEE that you can give your patients. Healing can be received alongside any other medication or therapy.

9) Patients may ask your advice regarding decreasing or stopping the medication once they see improvement through healing. Please do not interfere with medication or offer advice; that is their doctor's job!

10) If the patient is in a critical condition, use a **disclaimer** to the effect that the patient is undertaking healing at his/her own request and the healer will not be held responsible if the healing proves ineffective (as may happen in some cases for various reasons). If possible, get a signed **letter of consent** from the patient.

Entering the Space of Bliss

Ananda Gandha Meditation

As you are already aware, the body has seven energy centers or *chakras* along its length, each corresponding to and controlling particular physical and mental activities and emotions. These *chakras* have no physical existence, but are the points where the physical, metaphysical and spiritual bodies meet. The functioning of these *chakras* can be influenced by meditation.

The eighth chakra, **Ananda Gandha**, is the most delicate of them all. Translated literally, it means ‘**The Space of Bliss**’. It is meeting-point of *jada* (body) and *chit* (consciousness), of *atman* and *Paramantman*. This chakra is almost pure energy. Metaphysically, it can be described as the point where all other chakras collapse.

A difficult concept to understand, right? Try imagining that your body is an inflated balloon, with the chakras marked at various spots on its surface.

Now suppose you were to burst the balloon. Where do all the points (*chakras*) go?

The point at which these *chakras* melt and merge is where the Ananda Gandha is located. Actually, the Ananda Gandha has no corresponding physical point on the body. But for easy visualization, you can imagine it as being somewhere between the Anahata (heart) and Manipuraka (navel) chakras.

The Ananda Gandha is such a subtle chakra that it does not yield to ordinary meditation techniques. That's why so little is known about it. Opening the Ananda Gandha requires highly sophisticated, esoteric techniques that can only be passed on directly from master to disciple.

The Ananda Gandha is the door to a tremendous and perennial source of energy. With its opening, something of tremendous and lasting significance takes place inside you: for the first time, the deepest layers of your being are opened to the continuous flow of divine power. You truly become fit to be a channel of the Divine.

Initiation, the key to Enlightenment

Initiation is no complicated process. All it requires from your side is an open mind.

When initiating you, all I do is open your doorway to enlightenment, your Ananda Gandha chakra.

You can try to open this chakra in two ways: by penetrating inward from the outside or by pushing outward from the inside. But there is a phenomenal difference between the two.

Imagine a lake covered by a thick sheet of ice. The first method is like hacking at the ice with a small icepick; it could take you lifetimes to break through. The latter method is like drilling the ice from underneath with a powerful submarine drill. In an instant, the ice gives way and the water gushes out, melting the rest of the ice on the surface.

The latter can happen only by the grace of an enlightened

master, who enters the deepest layer of your being and drills outward till the ice of your *chit* (memories) breaks and energy floods your being. Once this energy is available to you, it can transform you physically, mentally and spiritually.

During the initiation, do this check yourself. Close your eyes and simply call to mind my smiling face. You'll find that a deep source of joy opens up inside you and bliss gushes out into your being. If you allow yourself to sink deeper and deeper into this bliss, you will soon experience a strange feeling of 'boundarilessness', as if you are no longer limited by your physical body.

But I wouldn't like you to take my word for it. This is such a deeply personal experience of the Divine that it cannot be understood second-hand; it will be impossible for you to believe completely until you have felt it yourself. So try this instead: when you feel the joy gushing upwards,

just deny the experience with the whole strength of your mind. Tell yourself it is just your imagination. Every time you feel the surge of joy, push it aside, saying *Na iti, na iti*, this is not, this is not. Bring your deepest doubt into play. After a while, you realize that no matter how much you try wishing it away, the energy surges up from the same point. The Ananda Gandha is an energy resource beyond the mind's control.

The beauty of the Ananda Gandha is that you cannot remain untouched; you simply surrender to the experience. Whether you know it or not, whether you like it or not, whether you believe it or not, the Truth is happening. You may not understand it now, but once your inner transformation happens, you will. At that time, both faith and doubt will disappear. You don't have to believe; you *know*.

Ananda Gandha Meditation : The Technique

The uniqueness of this technique is that you can practise it while you are healing, so that you can simultaneously focus on your own spiritual development *and* help others to be free of disease. Outwardly, healing takes place; inwardly, meditation.

- 1) Place your palm on the patient's *chakra* which is to be healed. The instruction chart will guide you as to which *chakras* need to be healed for various diseases. If you are still not sure, simply place your hand on the patient's *anabata* and commence healing; I'll take care of the rest.
- 2) Close your eyes and visualize my laughing face. This is the key which has been programmed to unlock the whole healing process.
- 3) In an instant, you will find energy gushing forth in an endless fountain from your *ananda gandha* chakra.

Move deeply inwards; try to discover the source of this energy. Simply relax into yourself. Don't worry about the healing; it will happen of its own accord.

4) Once you have relaxed into yourself, simply let go of my picture in your mind – or you'll be in danger of getting caught up with my form; you need to go beyond it into the realm of boundless energy.

5) Continue as long as you feel the patient drawing energy from your hand. You will sense this automatically and without making any effort. When no more healing is required for the time being, your hand will drop on its own, or be repelled from the patient's body.

5) After healing, PLEASE don't say, 'Let this patient be healed of this disease'; you could be interfering with his/her karmas. Instead, you could conclude with a prayer that whatever is best for that particular patient be allowed to happen.

A few words:

1) You are free to follow any other master as well. I say to you, go wherever you like, gather the loveliest flowers you can find from any garden of spirituality, and make yourself a beautiful bouquet!

2) I want no financial commitment whatsoever from you. If you can open your heart to me, that is everything – but if you can't, don't satisfy yourself by opening your purse instead!

3) When you take responsibility, you grow. Don't wait for a commitment from the other.

4) Spread the joy! Speak to as many people as possible about Ananda Healing, Ananda Gandha Meditation and the Ananda Spurana program. It is your privilege to carry this message that will benefit thousands around the world.

Your Questions Answered

1) What happens if I make a mistake or heal the wrong chakra?

With Ananda Healing, you never have to worry about making a mistake! No matter how you heal, there will be no negative side-effects . If you are healing the wrong chakra, healing may be slightly less efficient, or results may be delayed. But healing will eventually happen because all the chakras are connected.

2) How long will it take for healing to show results?

In simple cases, you should see positive results within 48 hours – at least an improvement in the condition.

3) Is distant healing possible?

Yes, but right now I would not like you to practise it. Stick to regular healing until you have perfected it.

4) *Can I do self-healing?*

You can, but when you are ill it is better to sit back and let someone else do the healing!

5) *Why do I need to use the healing stick?*

The stick is simply a convenience, to be used when you can't touch the patient directly e.g. if the patient is suffering from a contagious skin disease. As a matter of etiquette, it is also preferable to use the stick when a male healer is healing a female patient or vice-versa.

6) *What is the significance of wearing the mala?*

The *mala* is a powerful device for you to tune in to my energy. Each *mala* has been personally energized by me and carries powerful vibrations. It is much more than an empty ritual. The *mala* is not there to display my picture! The moment you wear the *mala*, you will sense a definite

and beautiful change inside yourself. You feel protected and tranquil. This is because the *mala* acts as a channel between you and me, it is a key that can make my energy available to you. This is especially important during healing, when you are continuously exposed to negative energies. But these are things that can't be explained rationally, they need to be experienced. So just slip on the *mala* and wait for a few minutes - and watch the questions disappear!

7) What is the difference between reiki, pranic healing etc. and Ananda healing?

Reiki and pranic healing both use mental energy for healing. Here, the healer has to imagine symbols or colours to facilitate healing. Hence, healing will be effective only to the extent that the healer is able to visualize and harness the energy. Also, there is a chance of exhausting the energy if meditation is not done regularly. It is a process of 'earning

and spending'. These methods are also high-risk in the sense that if the healer does not follow the rules properly, or makes a mistake, the patient's karmas are likely be transferred to him/her. Moreover, to get to spirituality by activating mental energies is itself a self-defeating purpose, when the purpose and meaning of Enlightenment is the transcending of the mind.

During Ananda healing, the healer simply falls in tune with the inexhaustible energy source of the Divine. Energy is not generated by you; you are simply a channel through which the Divine energy flows. Hence, here is no chance of an energy dip; rather, you are on a high after healing. And since you are not drawing the patient's energy to yourself, but simply dissolving it in the positive energy of the Divine, there is no chance of their *karmas* being passed on to you.

8) *Can I heal anyplace, or only in the healing center?*

My energy field is strongest in the healing center, so in the beginning you will be better tuned in if you heal at the center. Once you are comfortable with healing and meditation you can heal anyplace. In fact, it will be extremely beneficial for your home if you could set up a center on your premises and conduct healing and meditation there.

9) *When I heal someone, will his/her karmas come to me?*

NO. This is a foolproof technique. And in any case, when the grace of the master is upon you, it is impossible to come to any harm through healing. I take full responsibility for your well-being!

10) *Can the initiation be taken back?*

No, it cannot. But if you knowingly violate the rules, your *Ananda Gandha* chakra can be locked. This will mean that

your healing powers will be severely limited; you can practise self-healing in the case of simple ailments, but your healing will be ineffective on others. If you still persist in healing, be very clear: the *karma* of your actions will come to you. Of course, the *chakra* is locked only in the case of repeated violation of healers' ethics and code of conduct.

11) Are there any rituals I should observe during healing?

None whatsoever, except basic discipline. Take a bath and wear fresh white clothes and my *mala* while healing. These will put both you and your patient in a tranquil and receptive frame of mind.

12) Can I initiate other healers?

NO. Initiations are to be performed only by me.

13) Why not visualize the face of my ishta devata (favoured deity) during Ananda Gandha meditation?

There are two reasons why I wouldn't advise you to do that. Firstly, your *ishta devata* may be Krishna or Devi or Jesus, but the truth is that you have no direct conscious experience of their energies. What you actually have is only a set of beliefs about them which reflects your own ideology. So it will be difficult for you to harness their energies and use them for healing.

Secondly, this meditation technique has been programmed to work best with my energy, so visualizing me will give you the best results. **It is a foolproof technique.**

14) Can I teach Ananda Gandha meditation to someone else?

No. Ananda Gandha meditation cannot be practised till the chakra itself has been opened, and this can be done only through initiation by a master.

15) *What if the patient doesn't get healed?*

It must be remembered that the *karmas* of the patient play an important role in healing. The patient just may not be destined to escape the disease in this lifetime. Or else, if the patient was destined to suffer from e.g. cancer, healing may reduce it to say, a migraine. In such instances, you may find healing less effective than usual. But such cases are very rare, and you can ignore them. **Be very clear: You are in no way responsible for the healing, so please don't allow your pride or guilt to get in the way.** Whatever the results, positive or negative, simply pass them on to me! This is best for you.

Make your centre a Nithyananda nerve-centre!

Before you start healing:

1. Keep a smiling face. A smile can make the healing process more joyful for both of you!
2. Let your body language show care and concern.
3. Empathize genuinely with your patient's problem.
4. Radiate warmth and peace.
5. Be in/with Nithyananda always.

The best way to work:

1. Keep your ego aside. You are a channel of Nithyananda!
2. Be one with Nithyananda but don't imitate Swamiji's healing style!
3. Maintain silence within the healing area and ensure that others maintain silence too.
4. Be aware and sensitive to the needs of those around you.
5. Make thorough enquiries about the patients' condition and symptoms. There could be something significant that he/she has omitted to tell you the first time round.
6. Maintain a calm and serene demeanour even under provocation:

Remember, *you are representing Swamiji!*

7. Create a warm network with your colleagues. You are creating a family!
8. When healing at the center, use your time productively: at the reception area, for case documentation, testimonials or any other centre activity.
9. Volunteer your time and energy. Don't wait to be asked!
10. At all times, male healers will attend to men and female healers will attend to women, unless otherwise instructed.
11. Apart from the healers, no one else is to be allowed into the healing area.
12. Have a person on hand who will be in charge of the music to be played in the healing room. Don't attempt to handle both as it will disturb the healing process.
13. Allow healing to happen. Don't will it! Just be an open channel.

III. Some Rules & Regulations

1. Fix and maintain regular healing hours.
2. If you are healing at an existing center, please be there at least 10 minutes before healing commences.

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3. It will help to meditate on the *Ananda Gandha* for 5-10 minutes before active healing begins.
 4. Try and maintain a judicious mix of old and new patients.
 5. You could give priority to:
 - a. Mothers with small infants.
 - b. Expectant mothers.
 - c. Senior citizens.
 - d. Handicapped.
 6. Please do not favour friends and relatives. Apart from being unethical, it projects a poor image of Swamiji's mission.
 7. Those wishing for personal discussions with Swamiji, darshan, etc. can be accommodated after healing hours.

THE HEALING CHART

Which chakra should you heal for a particular disease?

These are general instructions. If you have any doubt regarding specific cases, do contact an experienced healer before commencing healing!

Arthritis	Mooladhara (both sides) + on the spot (fingers/ knees, etc.)
Asthma	Anahata + Vishuddhi
Blood Pressure (BP)	Anahata (both sides)
Cholesterol	Anahata + Heart
Cold	Vishuddhi
Constipation	Mooladhara (both sides)
Diabetes	Anahata (both sides)
Gall Bladder problems	Spot healing (both sides)
Heart problems	Anahata + Heart
Kidney problems	Mooladhara (both sides)

Loose motions	Mooladhara (both sides)
Lung ailments	Spot healing (back)
Menstrual problems (periods)	Mooladhara (both sides)
Nervous problems	Mooladhara - Sahasrara
Sinusitis	Anahata - Vishuddhi
Spondylitis	Neck & back
Skin diseases	Sahasrara & soles of feet (use vibhuti + energised cloth)
Anaemia	Request instructions from Swamiji/experienced healers

For healing to be more effective, it is advisable to avoid the following as far as possible:

Smoking

Alcohol

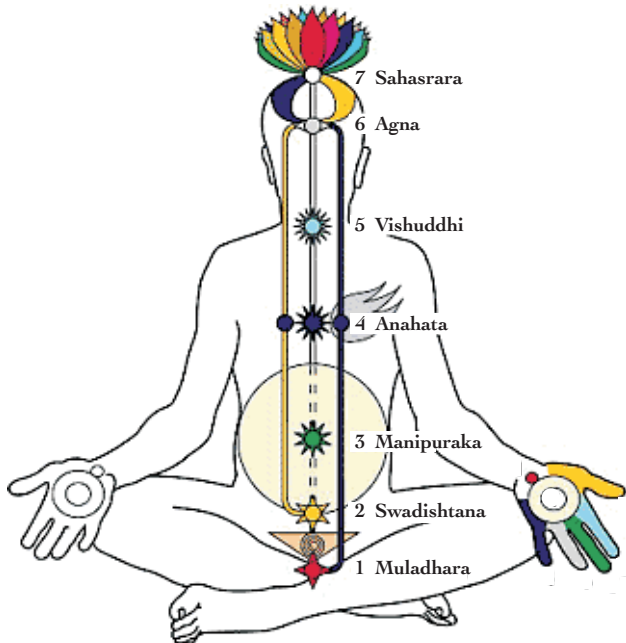
Tea / coffee

Non-vegetarian food

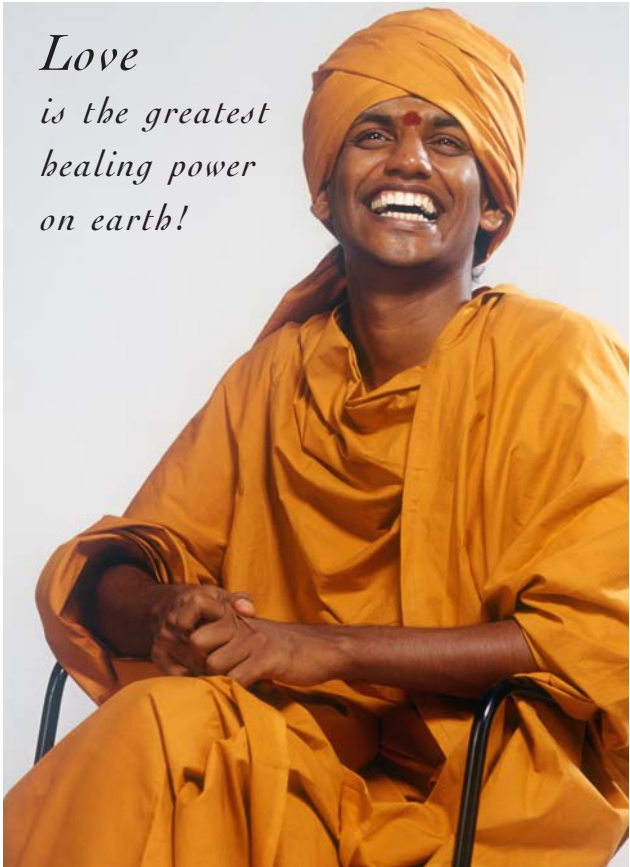
Onions & tomatoes

Spices, garlic & green chillis

THE SEVEN MAJOR CHAKRAS



*Love
is the greatest
healing power
on earth!*





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